

## **Mumps in Michigan**

Please view our updated website at [www.michigan.gov/immunize](http://www.michigan.gov/immunize) for current (# of cases) information and guidelines relating to mumps.

Mumps has been in the spotlight recently, as it continues spreading across the Midwest states, with much attention drawn to an outbreak in Iowa. Most recently, the Michigan Department of Community Health (MDCH) has been alerted to several potential cases within our own state, and is working diligently to minimize the spread of mumps and maximize education and immunization efforts.

Citizens and health care professionals should become familiar with this disease, especially considering that high immunization rates have dramatically decreased incidence of this disease in recent years. In 2005, there were only 24 cases of mumps reported in Michigan, and only 2 cases reported statewide in 2004. As of April 19, 2006, Iowa reported 630 confirmed cases of mumps, 25% of which were found in college students.

Mumps is a viral infection of the salivary glands spread through direct contact with infected droplet nuclei or saliva like coughing, sneezing and saliva. It can spread by sharing drinking glasses, kissing, sneezing and coughing, and spreads from person to person through the air.

Symptoms of mumps include swelling of the glands close to the jaw, fever, headache and muscle ache. People with mumps usually feel sick initially with nonspecific symptoms, such as headache, loss of appetite, and low-grade fever. The most well-known sign of mumps is "parotitis," the swelling of the salivary glands, or parotid glands, below the ear. Mumps is diagnosed by a combination of symptoms and physical signs and laboratory confirmation of the virus, as not all cases develop characteristic parotitis and not all cases of parotitis are caused by mumps.

The incubation period of mumps is 14-18 days, but can range from 14-25 days. Mumps incidence peaks predominantly in late winter and spring, but the disease has been reported throughout the year. The virus may be in saliva from 7 days before to 9 days after the start of swelling. It is most easily spread to others from 2 days before and 4 days after the person feels sick. People who are infected with the mumps virus but have mild illness or no symptoms can still pass the virus to others.

There is no "cure" for mumps, only supportive treatment (bed rest, fluids, fever reduction). However, MDCH has worked for several decades to decrease the likelihood of mumps disease through immunization of our children, adult, and college students. All children who attended school in Michigan since 1979, have most likely received at least one vaccination against mumps. This was the year that mumps was added as a school entry requirement. Beginning in the school year 1992-1993, two doses of mumps containing MMR (measles, mumps, and rubella) vaccine were required. Now is a good time to find your child's immunization history and ensure that they have been properly

protected against mumps through vaccination. At least one dose of mumps-containing vaccine is routinely recommended for all children and for all persons born during or after 1957. Most persons born before 1957 are likely to have been infected naturally between 1957 and 1977. Generally, persons can be considered immune to mumps if they were born before 1957, have serologic evidence of mumps immunity, have documentation of physician-diagnosed mumps, or have documentation of vaccination with at least one dose of live mumps vaccine on or after their first birthday. Adults can be vaccinated against mumps to provide protection.

Because undergraduate and graduate students, faculty, and health care and other workers in colleges and other post-high school educational institutions may be at increased risk of acquiring mumps, they should receive two doses of MMR vaccine or provide other evidence of mumps immunity (physician diagnosis or laboratory evidence). Colleges and other post-high school educational institutions should check with the local public health department for additional information specific to their jurisdiction. College students, born on or after January 1, 1957, who do not have health insurance, and who do not have a documented history of having received two doses of MMR vaccine at least one month apart can go to a local health department to receive a vaccine through the Michigan Adult Vaccine Replacement Program.. A *Joint Statement from the American College Health Association and Centers for Disease Control and Prevention (CDC)* was issued on April 19, 2006 and can be found at <http://www.acha.org>.

This is also a good time for health care workers to review their personal immunization history to determine if they are protected from mumps. This will do a lot to protect those we care for.

All of us must also help reduce the spread of mumps and other diseases by practicing good hygiene, such as covering our coughs and sneezes, washing our hands, and staying home when we are sick..